177th FIGHTER WING
JERSEY DEVILS

SAFETY AND HEALTH NEWSLETTER

AUGUST 2003

Confined Space Information

What is a Confined Space?

A confined space is an area that:

- Has limited openings for entry and exit
- Has poor natural ventilation that can pose serious risks, and
- Is not designed for continuous occupancy by workers

Examples of confined spaces include, but are not limited to:

- Aircraft fuel tanks
- Process vessels
- Pits vats and vaults
- Sewage digesters and sewer silos
- Tunnels, manholes, utility vaults
- Pumping stations and enclosed grit chambers

Entry into confined spaces may be for the purpose of inspection, testing of equipment, repair, maintenance and cleaning, or an emergency.

Confined space program team

The members of the CSPT:

- Safety
- Fire Department
- Bio Enviornomental
- Functional managers

They are responsible for:

- Written program
- Employee involvement
- Top management commitment
- Regular program review and evaluation

Who is at RISK?

Workers in civil engineering departments, water and wastewater, street and highways, utilities and others who perform tasks in confined spaces.

177th
FIGHTER WING
SAFETY STAFF

MAJOR TIM HASSEL
CHIEF OF SAFETY

CMST ROBERT FUSCO
GROUND SAFETY MANAGER

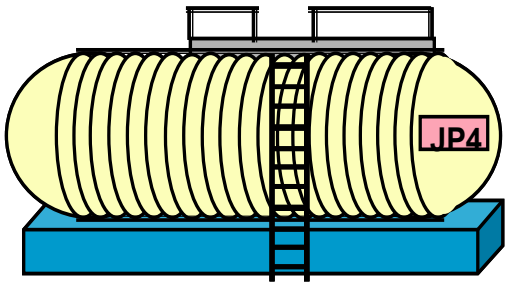
SMSGT WILLIAM SCHROER
EXPLOSIVE SAFETY

MSGT STEPHEN RUDOWSKI
SAFETY TECHNICIAN

If you have any safety related topics you would like to see in our publication or have any questions that we can help with, please contact the Wing Safety Office at 6013 or e-mail at Robert.Fusco@njatla.ang.af.mil

What are the HAZARDS in Confined Spaces?

- Oxygen-deficient means that there is not enough oxygen in the space to safely breath
- Oxygen-enriched means there is too much oxygen which can cause clothing and other flammable materials to burn violently when ignited· Flammable atmospheres are caused by a mixture of dusts, gases or vapors that can explode or catch fire
- Toxic gases and vapors come from a wide variety of sources. Carbon Monoxide, hydrogen sulfide, and methane are three of the most common and deadly gases that are naturally produced in confined spaces.



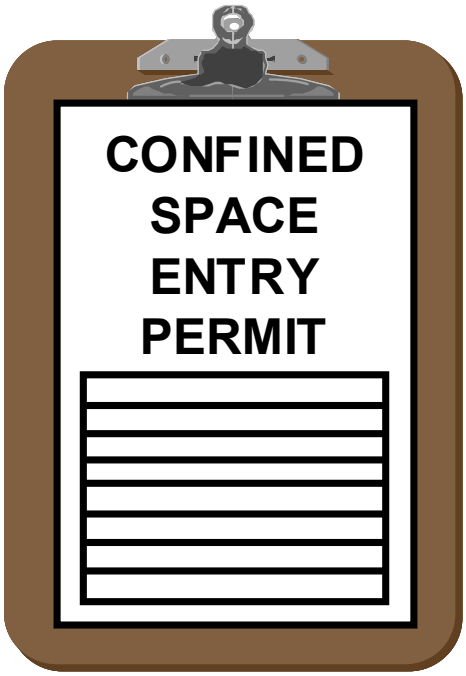
What must be done to protect workers in Confined Spaces?

- Monitoring **BEFORE ENTRY**. The air in a confined space must be checked for dangerous conditions before workers enter.
- Information and Training. Workers who are required to enter spaces to do work, need to be trained about the dangers they might face, procedures for safe entry and work, and protective gear.

THE ENTRY PERMIT AF FORM 1024

THE ENTRY PERMIT:

- Specifies entry conditions
- Specifies isolation of space
- Specifies:
  - purging - Inerting
  - flushing - ventilating
- Specifies key personnel
- Specifies entry timeframes
- Specifies external hazard controls
- Details rescue means
- Specifies key personnel
- Specifies entry timeframes
- Details hotwork requirements
- Logs who conducted monitoring
- Specifies external hazard controls
- Specifies initial and periodic monitoring requirements
- All permits reviewed on an annual basis



AF Form 1024

If you have any questions call the Wing Safety Office X6013.

MOST WORK RELATED BACK PAIN IS NOT CAUSED BY ROUTINE WORK

A study of U.S. workers found that nearly 70% of back injuries were a result of performing tasks that were not part of workers' normal job. Back injuries were far more common when a worker was engaged with unusual activities or circumstances. Only 33% of the 437 patients included in the study sustained back injuries as a result performing tasks required of their normal jobs.

Over the years, health care practitioners have attempted to come up with guidelines to help their patients and educate the public on how to prevent back injuries. Traditionally, the stock advice has been more or less:

- Squat down to lift from the floor;
- Keep an upright position;
- Lift with the legs, not with the back;

The problem with that well-meant advice is that very few tasks in industry or for that matter, in recreational activities allow for this ideal way of doing things safely. So here are a few revised ideas and general guidelines. Bear in mind that you still have to use your discretion in applying them to your particular job situation.

1. **Avoid lifting if you can:**
   - Use assistive lifting equipment whenever available
   - Push or roll rather than lift.
2. **Keep your load close to center of gravity:** This may mean different thing in different job situations:
   - Carrying a box in the pit of your stomach instead of at arms' length, or under one arm
   - Distributing the weight on both sides of your tool belt
3. **Keep your back in a natural position:** In normal standing position, the adult spine has normal curvatures from front to back. When lifting or bending, try to maintain that position.
   - Bend from the hip rather than the waist
   - When leaning over a counter, extend one leg straight behind
4. **Increase your abdominal pressure:** Recent studies have shown that discs and spinal vertebral are less prone to rupture and fractures, when the ambient pressure is increased.
   - Before take a breath, and hold while you lift.
   - Once you have your load in carrying position, keep abdominal muscles contracted and breath slowly to ensure a proper supply of oxygen to your muscles
   - When unloading, hold breath again and release it slowly when done.
5. **Avoid sudden, rapid and wide movements:** Let your muscles and your disc the chance to accommodate for changes of shape and position.
   - Stretch slowly before doing task, gradually increasing amplitude and speed of movement
   - Use deliberate movements
   - Keep an eye out for obstacles that might force a sudden, unexpected change of direction or speed
   - Lift in stages, changing grip as you bring load to your carrying position.
   - When unloading, gradually release the weight, then straighten up slowly.

These measures are not fail safe, but they can assist in reducing the strain on your back, and prevent injury.

HAZARD ALERT

CPSC, Hamilton Beach and Proctor-Silex Announce Recall of Slow Cookers

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of product: Slow Cookers

Units: 2.7 million

Manufacturer: Hamilton Beach/Proctor-Silex, of Glen Allen, Va.

Hazard: The handles on the base of the slow cookers can break, posing a risk of burns from hot food spilling onto consumers.

Incidents/Injuries: The company has received approximately 4,700 reports of handles breaking, including two reports of consumers who required medical attention for burns.

Description: The recalled slow cookers were sold under the Hamilton Beach and Proctor-Silex brand names, which are printed on the front of the base of the unit. The slow cookers are either round or oval, and were sold in solid white and various print designs. They have a capacity of 3.5 to 6.5 quarts. The slow cookers have series codes A through D which are printed on the bottom along with the model number.

Hamilton Beach 33390, 33475, 33575, 33590, 33675, 33690, 33725, 33850, 33860
Hamilton Beach / Portfolio 33680
Proctor-Silex 33320, 33320FD, 33325, 33375, 33380, 33625A

Sold at: Discount department stores nationwide from January 1999 through December 2002 for between $15 and $45.

Remedy: Consumers will be shipped a replacement slow cooker base.

Consumer Contact: Hamilton Beach toll-free at (800) 429-6363 anytime or visit the firm's Web site at www.proctor-silex.com

Media Contact: Kirby Kriz at (804) 527-7299.

CPSC, JAKKS Pacific Announce Recall of "Spit Smatter" Spray Foam

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of product: "Spit Smatter" Spray Foam

Units: About 1.3 million

Manufacturer: JAKKS Pacific Inc., of Malibu, Calif.

Hazard: The aerosol cans can forcefully break apart, posing a risk of serious injury to nearby consumers.

Incidents/Injuries: The Company has received four reports of the aerosol cans breaking apart, including one incident that resulted in a laceration injury to a consumer and several incidents involving property damage.

Description: The "Spit Smatter" spray comes in a pressurized can and emits a colored foam based on one of six brands: "Original Smatter," "Blueberry Smatter," "Banana Cream Smatter," "Lemon Meringue Smatter," and "Fatter Smatter." The brand name is printed on the can and the word "Nickelodeon" is printed on the orange trigger mechanism.

Sold at: Discount department and toy stores nationwide sold the "Spit Smatter" foam cans between February 2002 and June 2003 for about $10.

Manufactured in: China

Remedy: Consumers should immediately take the aerosol can away from children and contact the company for instructions on disposal and how to receive a full refund.

Consumer Contact: Call JAKKS Pacific at (800) 554-5516 between 8:30 a.m. and 5:30 p.m. PT Monday through Friday, log on to the company's Web site at www.jakkspacific.com, or e-mail the company at smatterrecall@jakks.net.

Media Contact: Genna Goldberg at (310) 455-6235.

Vehicle Entrapments

Each year, children and adults are killed or permanently injured as a result of being trapped in motor vehicle trunks or occupant compartments. Because these tragedies aren't classified as traffic crashes, accurate records aren't available. But, we know from media reports that since 1996 at least 120 children - most under the age of 3 - have died of heat stroke after being left alone in motor vehicles. And in the summer of 1998, eleven children died after being unintentionally trapped in vehicle trunks.

When temperatures reach 95 degrees Fahrenheit, even with a window partially open, the temperature inside a car can reach 122 degrees in 20 minutes and 150 degrees in 40 minutes. In these conditions, children can die very quickly - in a matter of minutes. In these conditions, children can die very quickly - in a matter of minutes. Infants and small children are particularly vulnerable due to their body configurations.

Intentional entrapments resulting from carjacking, hold-ups and other crimes also result in injuries and fatalities. Still others are killed when children play in vehicles, start the vehicle or take it out of park.

At least ten states (Connecticut, Florida, Illinois, Maryland, Michigan, Nebraska, New Hampshire, Pennsylvania, Texas and Washington) have passed laws regarding unattended children. New Jersey has a Act in the New Jersey State Legislature No. 232.

What You Can Do

- **Never** leave a child unattended in a motor vehicle, not even for a minute.
- **Teach** kids not to play in or around cars.
- **Always** lock doors and trunks and keep keys out of children's sight and reach.
- **Watch** children closely around cars, particularly when loading or unloading trunks.
- **Keep** rear fold-down seats closed to help prevent kids from getting into the trunk from inside the car.

NFPA Fact Sheets

Home Fires

Facts & Figures*

- In 2001, there were 383,500 home fires in the United States, resulting in 3,110 deaths, 15,200 injuries and $5.5 billion in direct property damage.
- Overall, home fires have declined fairly steadily since 1978 and were down by nearly half in 2001 (48%). Only 1999 had a lower home fire death total (2,895) in the past quarter-century.
- Nationwide, there was a home fire death every 170 minutes.
- The statistics below are based on annual averages for the five-year period from 1994 through 1998:
  - Resulted from fires that were reported between 10:00 p.m. and 6:00 a.m. Only one-fourth of the home fires occur during these hours.
  - January was the peak month for home fire deaths. February ranked second, and December was third.
  - Smoking was the leading cause of home fire deaths overall, but in the months of December, January and February, smoking and heating equipment caused similar shares of fire deaths.
  - Although children five and under make up about 9% of the country's population, they accounted for 17% of the home fire deaths, assigning them a risk twice the national average. Adults 65 and older also face a risk twice the average, while people 85 and older have a risk that is almost four-and-a-half times more than average.
- Only one-fifth of the home fire deaths from 1989-1998 were caused by fires in which a smoke alarm was present and operated.
- Most fatal fires kill one or two people. In 2001, 22 home fires killed five or more people. These 22 fires resulted in 125 deaths, accounting for 4% of all home fire deaths.

(* From national estimates reported to U.S. municipal fire departments based on NFIRS and NFPA survey. Excludes fires reported only to federal or state agencies or industrial fire brigades.)

Ladder Safety Tips

Spring and summer are the times when everyone starts thinking about sprucing up the house and yard. Whether it is washing the windows or cleaning the gutters, one of the first tools that homeowners reach for is a ladder.

Ladders are useful tools, but if you do not follow the proper safety tips, you could hurt yourself. In fact, each year, more than 511,000 people are treated in hospital emergency rooms, doctors' offices, clinics and other medical settings because they failed to use ladders safely.

Most injuries are cuts, bruises and fractured bones. However, more than 300 people die a year from injuries related to ladders—almost one death per day.

Follow these safety tips and soon, you will be on your way to successfully and safely completing your clean-up chores.

· **Inspect the ladder.** Check the ladder for any loose screws, hinges or rungs that you might not have fixed before you put it away for the winter. Clean off any mud or other liquids that might have accumulated on the ladder.

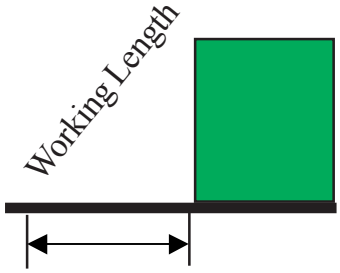
· **Properly set up the ladder.** Every ladder should be placed on a firm, level surface. The ground may be very bumpy because of the freezing and thawing during the winter. There also could be soft, muddy spots. Never place a ladder on ground that is uneven. The same is true for uneven flooring. And, remember to always engage the ladder locks or braces before you climb.

Test your knowledge on additional Ladder Safety by answering the following questions:

1. Which way do you face when ascending or descending the ladder?

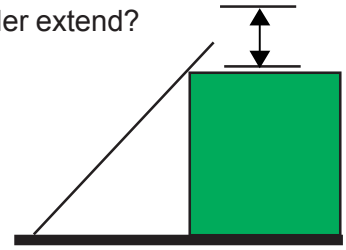
   a. It doesn't matter.
   b. Away from the ladder.
   c. Facing the ladder.
   d. The way it is easiest to carry materials up and down.

2. When setting an extension ladder, the horizontal distance from the top support of the ladder to the foot of the ladder should be approximately what distance:



   a. 1/8 the working length of the ladder
   b. 1/4 the working length of the ladder
   c. 3/8 the working length of the ladder
   d. 1/2 the working length of the ladder

3. How high above the upper landing area must the ladder extend?



   a. 1 foot
   b. 2 feet
   c. 3 feet
   d. 4 feet

4. What is the minimum grasping requirement for ascending and descending the ladder?

   a. There is no requirement.
   b. One hand.
   c. Two hands.
   d. Always with a safety strap.

5. Are you allowed to carry loads up a ladder?
   a. Yes, as long as it doesn't cause you to lose balance or fall.
   b. No, all loads must be raised to the working area independently.

Answers: 1) c; 2) b; 3)c; 4)b; 5)a